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**IN SEARCH OF THE
BEST FISH AND CHIPS
IN OTTAWA**
LUNCH RUSH {page 23}



BLACK MONDAY
NHL COACHES MAURICE,
BOUDREAU FIRED HOURS
APART {page 26}

BEATS THE GYM
STUDY SHOWS DOG
OWNERS STAY
ACTIVE {page 20}



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Tuesday, November 29, 2011
www.metronews.ca



News worth sharing.

Climate. Change



CONTRIBUTED

► Greenpeace activists took to Parliament Hill before sunrise yesterday Morning to spell the words "climate fail" with 200 LED emergency lights to mark the beginning of the UN climate summit in Durban, South Africa.

Activists mark start of climate summit

Environment Minister Peter Kent said yesterday that Canada will pursue a new agreement on climate change in Durban. However, he refused to confirm or deny whether Canada is formally set to withdraw from the international Kyoto Protocol on reducing greenhouse-gas emissions, and he insisted Canada will not make a second commitment to that accord.

Facebook transit threat ends in arrest

► Incident the latest in a string of dramas between public and OC Transpo

Ottawa police have charged a 22-year-old man with uttering threats to OC Transpo on Facebook.

The message was posted last Monday with no one person directly targeted by the threat, police said in a news release.

A member of the public read the post and contacted police.

Const. Henri Lanctôt said he wouldn't release the message's contents, because they are considered evidence in the upcoming trial.

"Police commenced the investigation and they felt there was enough information and enough facts to warrant laying criminal charges," said Lanctôt.

Police said James Perry of Ottawa

"Ottawa police wishes to advise the public that online threats will be taken seriously and offenders could be charged accordingly. We ask the public to report any such threatening online posting to police."

OTTAWA POLICE NEWS RELEASE

was charged with one count of uttering threats, death or bodily harm and will appear in court on Dec. 21, 2011.

● JOE LOFARO



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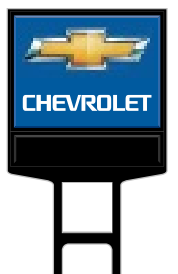
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Judges hear Friends of Lansdowne appeal



► Friends of Lansdowne members and their legal team stand on the steps of Osgoode Hall in Toronto yesterday.

Lawyers for the Friends of Lansdowne argued their case about the future of Lansdowne Park at the Court of Appeal for Ontario yesterday.

Chief Justice Warren Winkler and justices Susan Lang and Robert Blair said they would render a decision as soon as possible, said Friends of Lansdowne president June Creelman.

"They're certainly taking it seriously and asking lots of questions," said Creelman.

There were no surprises in the group's case, which followed the same argument — namely, that the deal between the City of Ottawa and Ottawa Sports and Entertainment Group is illegal — that their lawyers made unsuccessfully in Su-

perior Court in Ottawa in June. About a dozen Friends attended the hearing, and a few Toronto activists who have been following the case joined them.

"They have been following our website and our activity because the issues we raised will impact every city in Ontario and Canada," said Creelman.

● JESSICA SMITH

Mom on offensive

► Mother starts a petition to ban girl who allegedly brought knife to school ► Expert says anti-bullying programs and increased supervision can combat issue



JESSICA SMITH
@METRONEWS.CA

The nine-year-old girl who allegedly brought a knife to school and threatened to kill other students has been suspended "indefinitely," says a victim's mom — who is launching a petition to keep her out of the school permanently. But an expert is warning parents to keep things in perspective.

"I've been told that if she does come back, and there's a good chance she won't, it's not going to be for a while," said Angelle Bow, whose daughter was on the receiving end of a kick and the threats.

The suspended girl was found to have a knife at school last week, Bow said, and had previously threatened to kill her daughter.

She said her daughter is

relieved the other girl hasn't come back to St. Marguerite d'Youville Elementary School.

Bow said she is becoming an advocate to make sure bullying is taken seriously. As for her petition to keep the nine-year-old out of school, she is concerned it may harm the girl, but she is thinking about the other students first.

"I certainly can't say I don't care how it's affecting her, because that would be inhumane if I didn't. But I don't think things are going to be very good for her; I don't think things are good for her right now," she said, adding she hopes the girl is receiving help.

Tracy Vaillancourt, Canada Research Chair in Children's Mental Health and Violence Prevention at the University of Ottawa, said there are many effective treatment options for children who bully.

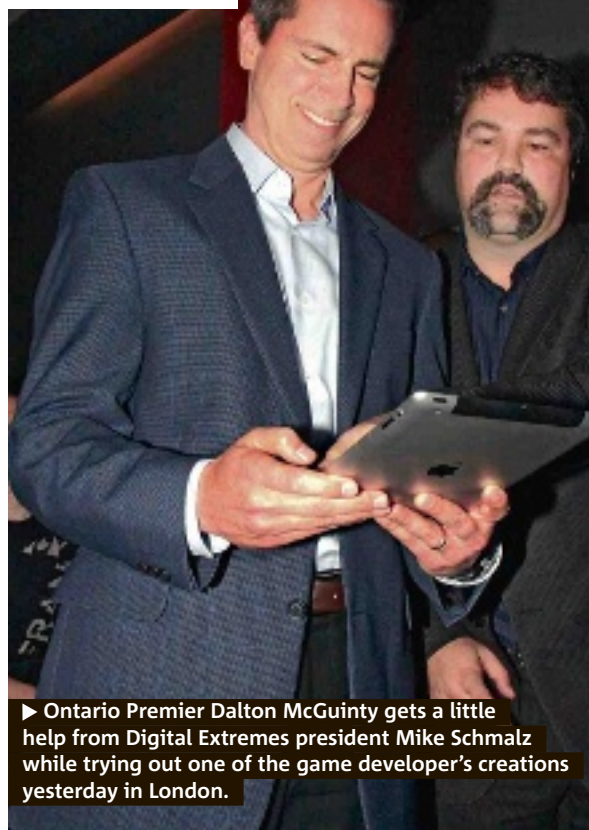
"She certainly wouldn't be out there without anything to help her," Vaillancourt said, adding that all kinds of students bully for all kinds of reasons.

Vaillancourt cautioned parents about reacting harshly out of fear.

"That nine-year-old girl is just that, a nine-year-old girl, who is not without merit. She has things that are positive about her, too," she said. "I can appreciate the mother of the victim's concern about her child's safety, but she also has to recognize that's another human being and we don't throw out people. We intervene and help them achieve their best."

The Ottawa Catholic School Board confirmed the suspension and said students involved have been offered counselling.

Premier. Gamer



► Ontario Premier Dalton McGuinty gets a little help from Digital Extremes president Mike Schmalz while trying out one of the game developer's creations yesterday in London.

ANGELA MULLINS/METRO

McGuinty touts new fund

McGuinty announced plans for legislation that would create a new \$20-million-a-year Southwestern Ontario Development Fund and keep alive the existing Eastern Ontario Development Fund, which is set to expire in March.



Police blotter: Frosty the Snowman catches an assault beef after an alleged scuffle with police at a Christmas parade in Maryland. Scan the code for the story.

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Make sure the bottle caps are securely fastened to your ugly stick, because it's time for the mummies parade in St. John's. Video at metronews.ca/video

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Artist's Rendering

Juno winner gives back to jazz festival

► Kellylee Evans to perform songs from latest album dedicated to American singer Nina Simone



JOE LOFARO
@METRONEWS.CA

It's been eight months since Kellylee Evans won her first Juno, but the excitement hasn't worn down one bit.

"People took my calls before, but they're more likely to actually book me now," said Evans with a laugh. "It's great."

The 36-year-old jazz singer from Ottawa will headline the 2011 edition of the annual fundraiser concert for the TD Ottawa

Jazz Festival on Dec. 8. Much to her surprise, she won a Juno in March for best vocal jazz album.

"The Juno really helps. It tells people, 'Maybe take a risk on her,'" she said.

Evans recently returned from a singing gig at the Para Pan Am Games in Mexico last week and is continuing her tour across Canada — all while taking care of three young kids with her partner.

She said she was honoured to be chosen to sing at the fundraiser next week — which supports



► Kellylee Evans

next year's jazz festival — primarily because the festival helped get her noticed in the jazz scene here.

"It means a lot to me because they usually save these concerts for big artists," she said. "They've

had a huge impact on my career."

The concert begins at 6:30 p.m. at Library and Archives Canada on Wellington Street and will feature a live auction with CBC Radio One host Alan Neal.

Funding cut to Canada Day jazz programming

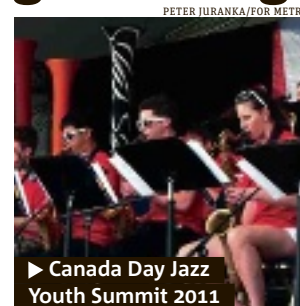
Organizers of the TD Ottawa Jazz Festival are looking for new sponsors for their 2012 Canada Day programming after the National Capital Commission (NCC) said it's pulling its funding.

Funding from a second sponsor, Galaxie, is also up in the air according to the festival's executive producer, Catherine O'Grady.

The NCC has partnered with the festival since 2005 to provide funding so that it could offer free jazz programming and a Jazz Youth Summit on Canada Day.

Last year, the NCC gave the festival \$45,000 and \$60,000 the year before. Next year, all funding will be withdrawn.

"When we looked at the reality of the Canada Day budget and the budget constraints that we were under, it was just something that we're unfortunately not able to fund anymore," said Denise Leblanc, NCC



► Canada Day Jazz Youth Summit 2011

"If all of this stuff is being cut back, how are we going to continue to support emerging artists in this country?"

CATHERINE O'GRADY, FESTIVAL ORGANIZER

spokesperson.

O'Grady, said the NCC has been a great partner and collaborator, but the cuts compromise their entire Canada Day programming and the Jazz Youth Summit.

► JOE LOFARO

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New power couple

► Hydro Ottawa and Carleton U ignite an electric partnership



► Carleton president Roseann Runte and Hydro Ottawa's Pierre Richard with the company's Chevrolet Volt yesterday.



JOE LOFARO
@METRONEWS.CA

Carleton University and Hydro Ottawa are teaming up to open a new lab devoted to emerging intelligent electricity infrastructure technology.

Carleton president Roseann Runte helped open the new Hydro Ottawa Laboratory for Smart Grid Technologies, which has room for about 40 electrical- and mechanical-engineering students, who will experiment with sustainable power sources and improving energy efficiency.

Carl Kropp, a former Hydro Ottawa CEO and

current adjunct professor at Carleton, said he is excited to see the two sides come together.

"I've always felt that the industrial world ought to come to university, and the university ought to take the academic world to industry," said Kropp. "When those two marry up, you can have a very powerful force."

Hydro Ottawa's board of directors chair Pierre Richard called the partnership a modest investment for the company.

While the students learn, Richard said the company will benefit from their research.

"It's a win-win situation," said Richard.

Tuesday, November 29

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Ottawa man nabbed for human smuggling

After leading a yearlong investigation, the Canada Border Services Agency (CBSA) has arrested an Ottawa man and charged him with human smuggling.

The charges fall under the Immigration and Refugee Protection Act (IRPA) and the Criminal Code.

The CBSA alleges the man acted as an immigration consultant and forged documents to help with the sponsorship of immigrants to Canada. The CBSA was tipped off about the scheme by someone named in the fake documents. It turns out the person never gave their consent to be named in those documents.

The fraudulent sponsorship applications were used to secure legitimate immigration sponsorships for individuals to enter Canada, the CBSA says.

On Nov. 17, 2011, the CBSA executed search war-

rants at two Ottawa residences and searched the man's vehicle.

Citizenship and Immigration Canada, the RCMP and Ottawa police helped in the investigation.

Mohamed Farah Abdulle, 49, is charged with various counts of human smuggling under section 117, and misrepresentation under paragraphs 127(a) and 127(b) of the IRPA, as well as identity theft and fraud on government under the Criminal Code.

Abdulle remains in custody and is to appear in court Dec. 1. ● METRO

Know more?

► Anyone with information regarding suspicious immigration or border activity is encouraged to call the CBSA Border Watch toll-free line at 1-888-502-9060.

City warns about fake water testers

People posing as city employees have been going door-to-door asking to be let into homes to perform water-quality tests, the city warned residents yesterday.

The city does not cur-

rently have anyone making such house calls and visits by city staff that may require access to homes or businesses are scheduled in advance, unless there is an emergency. Residents should check the identification of anyone who claims to work for the city and call 311 if they are concerned.

City staff are asking the public to report suspicious phone calls or visits to the police.

● JESSICA SMITH

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Lee Romanov, Consumer Advocate
President, Income Activator

Over the last 15 years I created and sold one of the most successful Internet businesses in Canada, saving thousands of people thousands of dollars.

As you know... there are millions of dollars flowing through the Internet every day. I've taken all of my Internet experience and combined it with a website program I created, **IncomeActivator.com**, to allow you to tap into this money flow.

If you've ever wanted to run your own online business, or if you have a website that's not making the kind of money you thought it would... you'll be interested in what I have to say.

I show you:

1. What people are searching for online.
2. The number of online searches being done for any topic or business.
3. Which online searches are the most valuable and how they can make you money.

Then I give you a website and show you how to:

1. Capture these online searches.
2. Convert your visitor traffic into various revenue streams for yourself.

These are the same techniques I used to make millions of dollars online, and this is the website program I use today.

I understand being broke, and how hard it is to make money and keep things together financially. I've been there, done that, and I'm never doing it again. I share with you what I spent years learning, and have combined that into the **Income Activator website program** allowing you to create your own online income regardless of your computer skills or Internet experience.

Income Activator allows you to begin **your own online business**, or will help you grow and ease your frustrations with **your existing online business**.

You will be given techniques to create revenue streams from writing copy to assembling pictures or videos on your website.

When you understand what to do, and have the Income Activator website program

that allows you to do it, **only then will you realize the wealth the Internet can bring you.**

It will change your life... it changed mine.

My name is Lee Romanov and I launched one of the first Internet businesses in North America that made millions of dollars, even in the 90s.

After recently selling my business to Torstar (one of the largest media companies in Canada and owner of the Toronto Star) I combined all of my Internet experience along with my **immense frustration of technology** and created a website program called **IncomeActivator.com**.

You may know me as a Consumer Advocate helping people save thousands of dollars off their car insurance rates through the company I created, InsuranceHotline.com. It's a rate comparison website providing the lowest quote to drivers from over 30 insurance companies. You may also know me from my Talk TV show on CP24, or from my columns in either the Toronto Star or Globe and Mail.

Income Activator allows anyone, at any level, to own and operate a successful online business exactly like the pros. You can activate multiple revenue streams with the click of a mouse while having complete control over your website. You can put up your own pages, pictures, videos, links, create questionnaires and collect data even if you're a one finger typist; and not at all computer savvy.

You can tap into the millions of dollars flowing through the Internet every day.

If you don't have a product or service to sell, you can simply provide information on a topic you are interested in. IncomeActivator.com gives you the 'know how' and website to put this it into action.

You can put up ads that pay you when a visitor clicks on them, sell products or books, or get paid from lead generation, all with the click of a mouse. Income Activator works for any business imaginable.

A few weeks back IncomeActivator.com helped Pat Foran of CTV with the launch of his website and new book The Smart Savvy Young Consumer. Pat would not describe himself as an Internet or computer guy. He's a broadcaster, consumer advocate, and author, who has complete control over his website (www.PatForan.com) and Internet business where you can go right now and buy his books.

I lived through the frustration of trying to get clear answers to Internet questions.

I spent tens of thousands of dollars looking to experts for answers... like how to get search engines to display your website at the top of the search pages. What I found was that each internet expert had only one piece of the puzzle, and none of their solutions came with the technology to put this into action.

I learned... if it's Not Actionable... it's Not Useful.

I know from experience that an online business can be **Extremely Profitable** and can truly get people out of their financial struggles and allow them to do the things they're interested in and meaningful to their lives.

I am sick and tired of seeing these 'Get Rich Quick' schemes that take people's money and Do Not Work.

My heart goes out to business owners who spend good money only to have their websites out of date the day after it goes online. If you can't use your website as a marketing tool every day, it'll never be much more than an expensive brochure. You need to be able to go in and tweak your website regularly to capture new online search traffic, and expand your revenue streams.

If you're running Google AdSense on your website, Income Activator has it's own Pay Per Click program where you can keep 100% of the click revenue. It also has a built in Referral Program that tracks and bills for lead generation. You can also send out messages to your email lists, or create an online store that tracks and bills for you. It also has a secured Member's section you can activate.

Income Activator is designed to make you successful, not dependant, like other programs out there.

If you have a website you can easily transfer over your content to begin activating multiple revenue streams I've made it **embarrassingly simple**.

I also learned never take advice from someone that's never made money online.

When creating Income Activator I included both my marketing strategies and revenue streams.

Income Activator provides a real opportunity for wealth. It's not a get rich quick scheme.

If what I'm saying is of interest, **you need to be proactive as I'm limiting the sale of the Income Activator website program to the first 2,100 people at an introductory price.** You will then become part of a select group of people sharing their knowledge while growing their online business.

Owning your own online business is fun and exciting... it can make you rich when you know what to do and have the technology to do it. I am making myself available for the next 3 weeks to answer any questions related to online marketing or Income Activator specifically. **I invite you visit www.IncomeActivator.com now.** I am also giving away one Income Activator website for Free... all you need to do is tell me your best online marketing story.

What I know now is that.....if it's Actionable.....it's Valuable!

www.incomeactivator.com

Egypt heads to the polls for first free election in decades

For the millions of Egyptians who cast ballots yesterday, the first parliamentary elections since they ousted Hosni Mubarak were a turning point in history — if for no other reason than they were finally getting a chance to be heard after decades of rigged voting.

The outcome will indicate whether one of America's most important Middle East allies will remain secular or move down a more Islamic path, as have other countries swept up in the Arab Spring.

"I have hope this time," said Amal Fathy, a 50-year-old government employee who wears the Islamic veil, as she patiently waited to vote. "I may not live long

"If you have waited for 30 years, can't you wait now for another hour?"

AN ARMY OFFICER, YELLING AT HUNDREDS OF RESTLESS WOMEN AT A POLLING CENTRE IN CAIRO

enough to see change, but my grandchildren will."

Since the uprising that forced out Mubarak nearly 10 months ago, Egyptians had looked forward to this day as a celebration of freedom after years of stifling dictatorship. Instead, there has been deep disappointment with the military rulers who replaced the old regime and a new wave of protests and clashes that began 10 days before the vote.

Many voters were de-



► A voter passes between soldiers guarding a polling center in Cairo yesterday.

termined to either push the military from power or vote against the Islamist groups who are expected to dominate the balloting.

THE ASSOCIATED PRESS

Banned players settle with gay softball group

A gay softball organization has agreed to pay an undisclosed sum to three players who were disqualified from its 2008 Gay Softball World Series because of their perceived heterosexuality.

The men — Stephen Apilado, Laron Charles and John Russ, who

played for a San Francisco-based team called D2 — filed the federal lawsuit against the North American Gay Amateur Athletic Alliance last year, claiming they had been discriminated against because they were bisexual, not gay.

THE ASSOCIATED PRESS

News in brief

School board skirts the issue

Thanks to ever-rising hemlines, the Catholic District School Board in Durham Region was to discuss yesterday whether to eliminate kilts as part of the school uniform.

TORSTAR NEWS SERVICE

Drop parking fees: CMA

Hospitals should stop charging patients for parking, the Canadian Medical Association Journal said yesterday in an editorial.

The editorial says parking charges are a user fee in disguise, and an impediment to good care. THE CANADIAN PRESS

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. TIMM SCHAMBERGER/THE ASSOCIATED PRESS
3. ALTAF QADRI/THE ASSOCIATED PRESS
4. THOMAS LOHNES/THE ASSOCIATED PRESS



- 1 Supporters of opposition candidate Etienne Tshisekedi show allegedly fraudulent ballots in Kinshasa, Democratic Republic of Congo.
- 2 The incest trial of Adolf B., 69, began yesterday in Nuremberg, Germany.
- 3 A Thai woman wades through floodwaters on the outskirts of Bangkok yesterday.
- 4 Protesters brave cold yesterday as they camp outside the interim storage facility in Gorleben, Germany, trying to stop the transport of nuclear waste. THE ASSOCIATED PRESS



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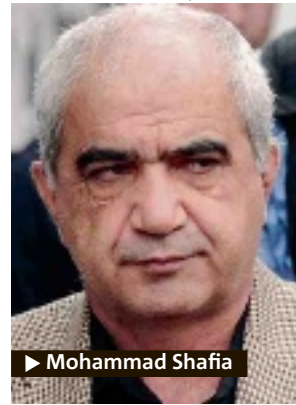
Dad accused of honour killings sheds tears at trial

- Extensive toxicology tests done on bodies of three sisters, relative
- Victims drowned, doctor testifies

A father accused of murdering his three daughters and first wife to preserve the Muslim family's honour convulsed in quiet sobs yesterday as autopsy photographs were shown in court.

It was a rare sign of emotion for Mohammad Shafia, who earlier in the proceeding smiled and chatted amiably with his lawyer.

The Shafia's co-accused wife and mother of the girls, Tooba Mohammad Yahya, was allowed to leave court before the testimony, in which a forensic pathologist said the females drowned and



► Mohammad Shafia

showed no signs that they had taken or been administered any drugs or alcohol.

Before the slides were shown, Crown lawyer

Gerard Laarhuis warned they could be distressing.

"These are graphic photographs," Laarhuis said. "People need to be prepared to see them."

Shafia's son, Hamed, who is also accused of first-degree murder in the deaths of his sisters, rubbed his eyes as the slides showing the dead women were put up on large screens in Ontario Superior court.

The sisters, Geeti, 13, Sahar, 17, and Zainab, 19, were found in the car in June 2009, along with their father's first wife Rona Amir Mohammad.

THE CANADIAN PRESS

Bruising

- Three of the four victims did show mysterious minor or moderate bruising to the top or side of the heads.
- But Dr. Christopher Milroy was unable to say what caused the bleeding.
- Nor could he say whether the blows that caused them could have rendered the victims unconscious.
- He was adamant they would have woken up when they hit the water had they been simply sleeping.
- There were no other major signs of trauma to the bodies.

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ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS



► Brazilian Paulo Sergio Pinheiro, who is leading the UN investigation into human-rights abuses in Syria, gestures during a press conference in Geneva yesterday.

Children killed in Syria: UN

► Syria's has been bloodiest response to Arab Spring protests ► 3,500 people have been killed since March: UN

A UN investigation concluded yesterday that Syrian forces committed crimes against humanity by killing and torturing hundreds of children, including a two-year-old girl reportedly shot to death so she wouldn't grow up to be a demonstrator.

The inquiry added to mounting international pressure on President Bashar Assad, a day after the Arab League approved sweeping sanctions to

push his embattled regime to end the violence. Syria's foreign minister called the Arab move "a declaration of economic war" and warned of retaliation.

The report by a UN Human Rights Council panel found that at least 256 children were killed by government forces between mid-March and early November, some of them tortured to death.

The UN defines a child

as anyone under the age of 18. The report was compiled by a panel of independent experts who were not allowed into Syria. However, the commission interviewed 223 victims and witnesses, including defectors from Syria's military and security forces.

The panel said government forces were given "shoot to kill" orders to crush demonstrations.

THE ASSOCIATED PRESS

Israel offers apology to pregnant photographer

Israel's Defence Ministry apologized yesterday for the treatment of a pregnant American news photographer who said she was strip-searched by Israeli soldiers during a security check.

Lynsey Addario, who was on assignment for the New York Times, had requested that she not be forced to go

through an X-ray machine as she entered Israel from the Gaza Strip because of concerns for her unborn baby.

Instead, she wrote in a letter to the ministry, she was forced through the machine three times as soldiers "watched and laughed from above."

The Oct. 25 letter said that Addario, a Pulitzer Prize winner who is based in India and has worked in more than 60 countries, had never been treated with "such blatant cruelty."

THE ASSOCIATED PRESS

Report blames Brit riots on weak policing

A report on the riots that hit Britain this summer says the violence spread across the country because of weak policing.

The independent Riots Communities and Victims Panel says people believed police did not deal well with the riots that broke out after a demonstration over a fatal police shooting in north London turned violent.

THE ASSOCIATED PRESS

News in brief

Security staff should be monitored for racism: Report

National security agencies should collect race-based and other statistics about their operations in order to track whether they discriminate on the basis of characteristics like race, disability, religious or ethnic origin, says the Canadian Human Rights Commission.

A special report to parliament by the federal commission calls for mandatory transparency and accountability from the dozen or so agencies that do the bulk of national-security work. At a minimum, it says, the RCMP and CSIS should be compelled to do so. **TORSTAR NEWS SERVICE**

Swastikas and 'KKK' painted on vehicles

Someone is spray-painting offensive and racist slurs all over vehicles in southwestern Ontario's Elgin County.

Provincial police say bright yellow spray paint was used to mark three vehicles this weekend. In one instance, a vehicle was marked with yellow swastikas and the letters "KKK." **THE CANADIAN PRESS**

Plant-eating dinosaur existed

A 66-million-year-old partial skeleton discovered in Saskatchewan has been confirmed as a new species of plant-eating dinosaur. The new species has been named Thescelosaurus after Saskatchewan's Assiniboia district, where it was found.

THE CANADIAN PRESS

Colonial racism on display

► Exhibit's curator and former soccer player has suffered racist insults himself, on and off the field

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS



► Former French international soccer player Lilian Thuram answers a reporter on the eve of the opening of a new exhibition at the Quai Branly museum in Paris yesterday.

It's a queasy experience, viewing chained tribal dancers do a white man's bidding, or African women stripped and photographed to feed European curiosity.

Until just a few generations ago, this is how most white people learned about those with skin of a different shade. A new Paris exhibit examines how for centuries, colonizers plucked villagers from Africa, the Americas or the South Pacific and put them on display half a world away. The demeaning tradition shaped racist attitudes that linger today.

Curator Lilian Thuram, a former soccer star and now an anti-racism advocate, hopes the exhibit at the Quai Branly Museum in Paris makes people

question deep-held beliefs about the "other."

"You have to have the courage to say that each of us has prejudices, and these prejudices have a history," he said.

It's a delicate undertaking for a museum: exhibiting offensive images without glorifying them, urging visitors to look closer and be repulsed.

THE ASSOCIATED PRESS

Offensive images

- Many of the subjects of this colonial cruelty remain nameless, and forgotten to history. "Zulu Mealtime," one photo reads. "Bushmen." "Indian Chief." "Negro Head."
- An old film reel shows a Frenchman peppering commands at two dark-skinned dancers in head-dress so cumbersome their faces are barely visible.
- But some have been identified, including the great-grandparents of Thuram's 1998 World cup teammate Christian Karembeu, shipped to Paris from the French Pacific territory of New Caledonia and exhibited as "cannibals."
- Just when you think the exhibit is all about the past, a familiar venue jumps out: New York's Coney Island features in an old "freak show" poster.



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Teen refuses to 'tweetract'

► Since insulting Kansas governor on Twitter, Emma Sullivan gets to about 3,000 followers, up from 65

A U.S. teenager who wrote a disparaging tweet about Kansas Gov. Sam Brownback said yesterday she is rejecting her high school principal's demand for a written apology.

Emma Sullivan, 18, said she isn't sorry and doesn't think such a letter would be sincere.

The Shawnee Mission East senior was taking part in a Youth in Government program last week when she sent out a tweet from the back of a crowd of students listening to Brownback's greeting. From her cellphone she thumbed: "Just made mean comments at gov.

"I would do it again."

EMMA SULLIVAN

brownback and told him he sucked, in person #heblowsalot."

She actually made no such comment and said she was "just joking with friends." But Brownback's office, which monitors social media for postings containing the governor's name, saw Sullivan's post and contacted the Youth in Government program.

Sullivan received a scolding at school and was ordered to send Brownback an apology letter.

THE CANADIAN PRESS

Occupy. L.A.



► Occupy Los Angeles supporters cheer after the LAPD reopened streets and left the camp in front of Los Angeles City Hall yesterday.

BRET HARTMAN/THE ASSOCIATED PRESS

Protesters defy eviction

Los Angeles Mayor Antonio Villaraigosa had stated last week that the protestors' campsite would be dismantled beginning at midnight yesterday.

No charges in hockey hazing

Neepawa RCMP say no charges will be laid after a rural Manitoba hockey team was accused of assaulting players during a hazing incident.

A wave of parental and media outrage was unleashed in late September after a 15-year-old boy and his parents went public about the incident, in which they claimed the teen had been forced to parade around the locker room with a water bottle carrier tied to his scrotum.

Manitoba league

- The hazing scandal saw assistant coach Brad Biggers resign from the team after four players said he was present when it happened.
- The Manitoba Junior Hockey League also suspended 16 players as well as the head coach.

They also claimed seven teens in total were subjected to the treatment.

● ELISHA DACEY IN WINNIPEG

Fraudster targeting seniors

Police in Winnipeg are on the hunt for a man posing as a maintenance worker in senior citizens' apart-

ment complexes.

Police said the man has targeted several complexes, where he poses as a family member to get inside. Once he gains access, he goes to various suites pretending to be a security guard or maintenance worker.

● ELISHA DACEY IN WINNIPEG

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The Glebe

Smarter. Car


► Toyota Motor Corp. unveiled futuristic concept car Fun-Vii yesterday at the upcoming Tokyo auto show, which opens to the public this weekend.

KOJI SASAHARA/THE ASSOCIATED PRESS

Tweet at the touch of a car door

Resembling a giant smartphone, the car works like a personal computer and allows drivers to connect with others with a tap of a touch-panel door.

12 days of expenses

The price of partridges, pear trees and turtle doves has spiked, pushing the cost of every item mentioned in the carol, The Twelve Days of Christmas, above \$100,000 for the first time. The 364 items repeated across the verses would cost \$101,119, an in-

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 178.15 (11,640.21)	+ 1.29¢ (96.58¢ US)	+ 1.44¢ US (98.21¢ US)	\$3.364 (- 17.8¢) Gold contracts \$1,710.80 (+ \$25.10)

crease of 4.4 per cent over last year, according to the annual Christmas Price In-

dex compiled by PNC Wealth Management.
THE ASSOCIATED PRESS

PRICES AS OF 5 P.M. YESTERDAY

Canadian economy still at risk: OECD

► Domestic confidence down, export sector limited

Europe's debt problems and the global slowdown have weakened Canada's economy and pose even graver risks going forward, warns the Organization for Economic Co-operation and Development.

The OECD said yesterday that Canada is currently going through a rough patch of weak growth because of the deteriorating external environment.

The OECD expects Canada's economy to muddle through and post a soft 1.9 per cent advance next year, followed by a stronger 2.5 per cent expansion in 2013, but all bets are off if the European debt crisis spreads beyond the continent.

While most of the risks stem from Europe, Canada is not totally blameless, the

OECD says, citing "high levels of household indebtedness (that) are eroding consumer confidence."

Household debt is at about 150 per cent of disposable income, an all-time high.

THE CANADIAN PRESS

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Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

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News in brief

Nestlé to probe child labour

COCOA FARMS. The world's biggest food company, Nestlé SA, announced yesterday it will work with the non-profit group the Fair Labor Association to investigate child labour on Ivory Coast cocoa farms that supply its factories.

Little has changed in the decade since major chocolate makers signed an international agreement in September 2001 to rid their supply chains of child labourers. **THE ASSOCIATED PRESS**

Prepare to face the worst: OECD

ECONOMY. The Organization for Economic Cooperation and Development said yesterday policy

makers around the world must "be prepared to face the worst," as the economic impact of Europe's debt crisis threatens to spread around the developed world.

The OECD said in its latest Economic Outlook that continued failure by EU leaders to stem the debt crisis that has spread from Greece to much-bigger Italy "could massively escalate economic disruption" and end in "highly devastating outcomes."

THE ASSOCIATED PRESS

Wheat board voted down

AGRICULTURE. The Canadian Wheat Board's monopoly on western wheat and barley is over. Yesterday, the House of Commons voted by a 153-120 margin to support the bill that ends the mainstay of Prairie agriculture.

THE CANADIAN PRESS

Fierce fury in India over foreign retailers

Some politicians threaten to burn down foreign stores Policy changes could help domestic retailers

A broad and fiery backlash against India's new open-door policy for foreign retailers sparked fresh investor fears yesterday about political risk and the stability of the Congress Party's coalition government.

The new regulations don't require parliamentary approval, but to set up shop, foreign retailers such as Walmart and Carrefour must be approved by the government of the state where stores will be located.

Five state leaders made clear over the weekend their unwillingness to let in foreign companies. Leaders from two of Congress' main coalition allies oppose the

policy. Parliament adjourned yesterday in an uproar over the issue and Communist Party-controlled trade unions have pledged to strike Thursday.

The fury of opposition is adding to foreign investor fears about the political risks of doing business in India. Some analysts say the cabinet may have to back-track on its bold new rules, which would be a political embarrassment for a government straining to reassert its leadership in the face of corruption, high inflation and flagging growth.

The new rules would allow big retailers such as Walmart to set up supermarkets in India's major cities and will likely herald

the entrance of companies like Swedish retailer Ikea, which has been keen to come for years, but only if it can maintain control of its operations.

Minister of Commerce Anand Sharma cast the change as a boon for consumers and farmers, rather than a threat to small traders. He said that in other emerging economies where foreign retailers are permitted, like China, Brazil, Argentina, Singapore, Indonesia and Thailand, local retailers have not been put out of business. He added that states like Punjab, Haryana, Rajasthan and Maharashtra support the new policy.

THE ASSOCIATED PRESS



Ex-teen singing sensation tells of tabloid torment

She was just 13 when Rupert Murdoch asked her to sing at his wedding.

Charlotte Church was given a choice: a 100,000-pound fee or a chance to generate goodwill with the media magnate by performing for free. She wanted the cash, but her record company and manager said no, it was better to make friends with Murdoch, head of a global news and entertainment empire.

"Despite my teenage business head screaming 'Think how many tamagotchies you could buy!' I was pressured into taking the latter option," she told Britain's press ethics committee. "This strategy failed ... for me."

Church, 25, told Britain's media ethics inquiry yesterday that the Murdoch press, and other British tabloids, had ruthlessly tormented her since she was a child singing sensation, blowing



British singer Charlotte Church arrives at an awards ceremony in London on Oct. 25, 2010.

her credibility "to bits" and badly damaging her career.

She said press intrusion had a devastating impact on her family life and particularly on her mother. Church said her mother had tried to kill herself in part because she knew a newspaper was planning to expose her husband's extramarital affair.

The former teenage singer told the inquiry how cameramen tried to take photos up her skirt and

down her blouse and published "intimate" details about her sex life when she was just 17.

"I've been made a caricature for so long, and this person portrayed in the tabloids really isn't me," she said. Church also described how one newspaper had a countdown before her 16th birthday to mark the moment when she would reach the age of consent and be old enough to legally have sex. "It just felt horrible," she said.

Church, a pop and opera singer, is the latest prominent person to tell the committee how Britain's unscrupulous press has invaded their privacy and damaged their lives.

Prime Minister David Cameron set up the inquiry in response to the scandal that began with illegal eavesdropping by the News of the World tabloid.

THE ASSOCIATED PRESS

Bombardier snags train contract in India

Bombardier's transportation division has beaten three rivals to win a "breakthrough" \$214-million US contract for propulsion systems capable of powering trains in the heat and humidity of India. The order announced yesterday is from Mumbai Railway Vikas Corp., a regional-rail joint venture between India's national government and the state of Maharashtra. Bombardier said the order is to power 72 commuter trains of 12 cars. The propulsion systems will allow the trains to travel at a maximum of 110 km/h and operate at temperatures of up to 50 C.

THE CANADIAN PRESS

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GIVING UP ON HIGHRISE LIVING

SHE SAYS ...

JESSICA NAPIER
METRO



do building, I left my highrise rental for something entirely different.

I found a newly finished basement apartment in a beautiful Victorian house on a wide leafy street a mere 15-minute walk away from my old address. And even though my postal code remains the same, my new place feels a world away from the glass and concrete wasteland I once called home.

Back on street-level (well, I guess technically I'm below it) there is a whole world I had forgotten about, a diverse neighbourhood where people manicure their lawns and next door's cat prowls by your window.

Subterranean living has its deficits for sure — natural sunlight is at a minimum and cellphone reception is spotty at best. Taking out the garbage has become a real chore rather than something I could send down a magical "someone else's problem" chute.

And, yes, the view leaves a lot to be desired (the view is dirt; it's a basement, remember). But you know what? The lookout on the 21st floor had its problems too. It was unnerving how easy it was to peer into the private goings on of the residents in the adjacent condo development. After a while it started feeling a little bit too much like Rear Window for my liking.

I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube.

I'm no longer tripping over my furniture and I can actually have more than two guests over for dinner; I just can't invite anyone over six-foot-six.

I'm sure the novelty will wear off eventually, but for now living in a brick-and-mortar-home again is oh so charming. I'm comforted by the ambient noise of the furnace and footsteps overhead. Rather than suffocating on recirculated condo air, I wake up in the morning to a refreshing chill of a real house.

Downtown space is at a premium and building upwards is the obvious solution for overcrowded cities. But while vertical living is an unavoidable reality, I'm not sure that people are meant to live 20-something floors up in the air. There's just something much more human about being back down to earth.

.....
Read more of Jessica Napier's columns at metronews.ca/shesays



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Did you win your Grey Cup bet?

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YES! I KNEW
THE LIONS
WOULD
COME
THROUGH



33%

NO. THE
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ME DOWN

Local tweets



► **@itthipho1:** Frustrated with #OCTranspo. Second damn bus that hasn't come. WhereTF are you!?

► **@Lisa_Griffin:** Just saw an #OCTranspo bus with "A1 Me!" on his electronic # display! #accesstoinformation not wise to challenge ppl like that"

► **@MikkalnOttawa:** Hate when people eat eggs for

breakfast and then ride #octranspo.

► **@misskylaaa_:** Prefers the old #OCTranspo buses, they have more comfortable seating..

► **@teegrey:** this guy on the bus asked his friend if he would eat a squirrel... Wtf?! #weirdos #octranspo

► **@imanazman:** Come on #OCTranspo! Don't be late. I have a TV newscast today. DOES THAT NOT MEAN ANYTHING TO YOU?! #jschool

Whirlpool of star trails



Camera snaps starry beauty

THOMPSON, UTAH. The slow motion of a wild, starry night was captured in a single frame by photographer Brad Goldpaint, who shot this image from a 305-metre shear drop in Arches National Park. Brad trekked 2,092 kilometres across the States, snapping landscapes to capture "inspirational elements within the natural world." ● MWN



"I want to illustrate the unknown and put it together with earthly landscapes."

BRAD GOLDPAIN,
PHOTOGRAPHER

Snap a 'star trail'

- **Use a sturdy tripod.** Any movement will put "squiggles" in your trails.
- **Use a wide-angle lens.** The 35mm equivalent of 20-50mm focal length is good.
- **Open the shutter.** Leave it open as long as possible. Longer exposures mean longer star trails.
- **Choice of camera.** "Nikon. I shoot in a raw-image format."

They call these lines 'star trails'

PHOTOGRAPHY. Hallucinatory, spell-binding — perhaps nauseating? These are star trails, a feature specific to astrophotography. They are lines of light made using time-lapse photography: stars recorded as the Earth rotates over time by a camera with an open shutter to produce these stunning circular lines. ● MWN

Battle of the box sets

- Do you have a music geek in your house? Check out some of these epic box sets
- These collections dig deep to satisfy the hunger of the most rabid fans

U2: Achtung Baby Super Deluxe Edition Box Set

Longevity in the music business can be traced to a pivotal moment in an artist's career, and for U2, that milestone was Achtung Baby. The 1991 album represented U2 2.0, the point where the band reinvented itself. Now fans

can experience the making of the classic recording with a box set that includes nearly as many discs as album releases. The album that spawned such classics as One and Mysterious Ways was recorded in Berlin during a tumultuous period for the band. After experiencing the mega-success of The Joshua Tree and the concert film Rattle and Hum, the band was at a

crossroads. So they broke away from their families to find their sound in a distant land. After a great deal of tension, they found what they were looking for with One, and the rest fell into place. Not only were they able to churn out the remainder of the album, but they also recorded the follow-up, Zooropa. The collection consists of six compact discs and four

DVDs, including the documentary, From the Sky Down, and a Zoo TV special. Other goodies include a hardcover book and 16 art prints. There's a scaled-down two-disc set that includes 14 additional tracks, and an uber-deluxe version that includes a set of collectible vinyl singles, a magnetic puzzle tiled box, and a pair of Bono's trademark Fly sunglasses.



Nirvana: Nevermind Super Deluxe Edition

Working through the hours of material on this 20th anniversary celebration of Nirvana's Nevermind is an unexpectedly melancholy experience. When Nevermind hit the street in 1991, destroying hair metal in just a few bars of Smells Like Teen

Spirit, it reshaped not just rock music but pop and punk and America. Listening to the various versions of Nevermind in this edition, one of two commemorative releases, reminds us that no one's really come close to carrying the standard in the years after Nirvana's fiery flare across the night sky. The super

deluxe version is both fascinatingly deep and needlessly so at the same time. There are four discs with 69 cuts that include a remastered version of the original album, various B-sides, live cuts and unreleased versions and even a few early boom box proto-recordings that provide a glimpse at the evolution of Nirvana's

biggest hits. There's also a book that includes photos and other artifacts from the period. The highlight of the super deluxe edition is the Nirvana: Live at the Paramount DVD of the band's Oct. 31, 1991, concert in Seattle. Things were just starting to blow up and the band is young and powerful.

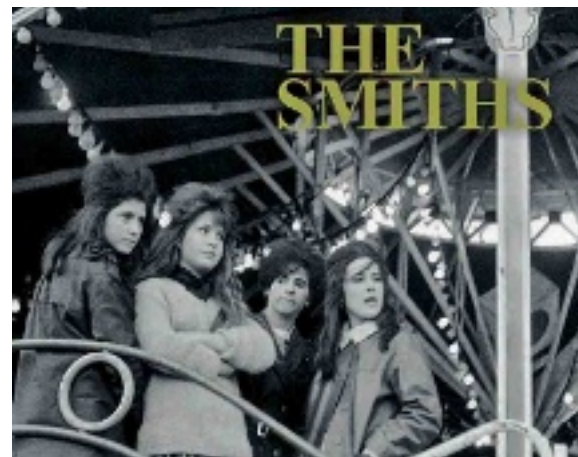
The Smiths: The Smiths Complete

This is a swank box set, in both CD and vinyl, containing all four studio albums released in an astounding flurry between 1984 and 1987 and four more discs of live bits and odds and ends. Morrissey's sweetly crooned rancour and cutting indignation remain a soothing balm years later, and Johnny Marr's diamond-lattice guitar work

is still every bit as engaging as it was in the mid-1980s, despite all the copycats and pretenders over the years. These albums were grenades lobbed at the establishment at the time and should find fresh ears in the 21st century. Morrissey and his mates were reacting to the growing elitism of the wealthy and the many inequalities of modern society. Many of the same themes have re-emerged 25 years later in

the age of Occupy Wall Street. The Smiths have aged very well. The Queen is Dead and Vicar in a Tutu remain vibrant and alive, the sneer still fresh on the lips. There is a Light That Never Goes Out and I Want the One I Can't Have remain just as heartbreakingly sad. And songs like How Soon is Now and London still rock with an unexpected ferocity. One disappointment is the light liner notes.

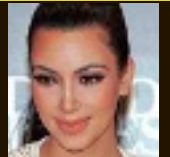
THE ASSOCIATED PRESS



2

scene

Scene in brief



Justin Bieber is the king of the web in the U.S. but gets less love from his home country, according to year-end search results from Bing.com. According to Microsoft's search engine, Bieber was the top searched person in the U.S. in 2011 but barely cracked the Top 10 list in Canada at No. 9. The top searched celebrity in Canada was Kim Kardashian, while she was second in the U.S. **THE ASSOCIATED PRESS**



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Sarah's Key**Genre:** Drama**Director:** Gilles

Paquet-Brenner

Stars: Kristin Scott Thomas, Melusine Mayance, Niels Arestrup

🌐🌐🌐

In this potent Holocaust drama, Julia (Kristin Scott Thomas) is an American investigative journalist working at a contemporary magazine in Paris. She seeks elusive facts regarding the infamous Vel' d'Hiv Roundup, the 1942 mass arrest of that city's Jews, many of whom were turned over to occupying Nazis by their collaborationist fellow Frenchmen. As Julia probes the poorly documented events of 1942, she uncovers evidence of a personal connection to them, evidence that changes everything she knows about her world. Once this truth is known, it can never be unknown, no matter how many people — her husband included, insist that it's ancient history. Meanwhile, director Gilles Paquet-Brenner (working from Tatiana de Rosnay's international best-seller as source material) introduces us to Sarah, a 10-year-old Jewish girl living with her parents and four-year-old brother in wartime Paris. When the gendarmes arrive at her home in 1942 to do the Nazis' bidding, quick-think-



ing Sarah (Melusine Mayance) hides her brother in a secret locked closet, promising to return for him. She keeps the key close, little suspecting how difficult it will be to use it again. ● PETER HOWELL

Another Earth**Genre:** Drama**Director:** Mike Cahill**Stars:** Brit Marling, William Mapother, Matthew-Lee Erlbach

🌐🌐🌐

Starring director Mike Cahill's co-writer Brit Marling, this Sundance prize winner tells a sci-fi story within the realm of intense human emotion, and with minimal special effects. A double of planet Earth, called Earth 2, is discovered to be moving alarmingly towards Earth 1. But events that concern the protagonists are at ground level, beginning with a tragic car accident caused by astrophysics student Rhoda (Marling). Returning from a party of much imbibing,

she's too busy marveling at Earth 2 from her car window to notice an approaching family sedan. A boy and his pregnant mom are killed in the crash. The father, former Ivy League music professor John Burroughs (William Mapother, TV's *Lost*), is left in a coma. Rhoda is sent to jail for four years. Upon her release, she learns Burroughs has come out of his coma, with no memory of the crash. To atone for her sins, she pretends to work for a cleaning agency, and offers a "free trial" to Burroughs, who is badly in need of assistance in his neglected country abode. As Rhoda



scrubs away physical grime, will her psyche also rub clean?

● PETER HOWELL

Our Idiot Brother**Genre:** Comedy**Director:** Jesse Peretz**Stars:** Paul Rudd, Elizabeth Banks, Zooey Deschanel

🌐🌐🌐

Comic smartie Paul Rudd is theoretically out of his comfort zone in this wry comedy, in which he's called upon to play a gentle soul, Ned, who is utterly without guile and thus always getting himself in trouble. Ned can be clueless — can't we all? — but he's no imbecile. He prizes sincerity in a world that runs on deception. Ned is brother to three demanding females: overprotective mother of two Liz (Emily Mortimer), abrasive Vanity Fair writer Miranda (Elizabeth Banks) and flaky party girl Natalie (Zooey Deschanel). Who's the real fool? Maybe Ned isn't as accident-prone as he lets on.

● PETER HOWELL

Dixie Chicks release DVD

▶ Footage a 'gift' for waiting fans

Emily Robison admits it was a little "bizarre" watching Dixie Chicks Storytellers half a decade after it first aired.

The show was taped in 2006 and The Dixie Chicks multi-instrumentalist says it feels like a lifetime ago. So many things have changed, including the nation's political climate and the Chicks' ongoing, indefinite recording hiatus. The VH1 Storytellers installment, out today for the first time on DVD, is the only material coming from The Dixie Chicks any time soon.

"It's kind of a gift to our fans right now," Robison said. "Because I know they've been so patient and they're a bit frustrated with our lack of being out there

right now. So it's just something we feel like we can put out there and give to them."

Storytellers was taped after the release of *Taking the Long Way*, the album that went on to win five Grammys, including album of the year, and now marks the end of the Chicks' discography for the time being. The group was still recovering from the controversy over singer Natalie Maines' 2003 comments against President George W. Bush and the looming war in Iraq. The Dixie Chicks lost about half their audience in the ensuing furor, but fought back in a powerful way, drawing support from many quarters.

THE ASSOCIATED PRESS

FILE PHOTO/THE ASSOCIATED PRESS



▶ The Dixie Chicks are still on a recording hiatus, but release a new DVD today.



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Bob Miley or Lyin' Miley?

► Cyrus retracts her self-incriminating statement about being a stoner

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA



Hannah Bongtana, it's time to come clean.

After it surfaced over the weekend via The Daily that Miley Cyrus was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. and quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f---in' weed," she is now retracting it, saying the

video was all a "joke."

Her rep tells TMZ that Miley was joking about the cake and that the Bob Marley reference was because her friend Kelly Osbourne has been calling her Bob Miley since she saw a video of her ripping a huge bong hit last year. Cyrus then claimed that it was salvia, a harmless herb, and not marijuana in the bong.

Cyrus's rep says that Miley is not a pothead.

Pfft. Right.

Because non-stoners are known for their love of all things Bob Marley.

My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room because it matches her sofa.



► Miley Cyrus

ALL PHOTOS GETTY IMAGES

Celebrity tweets



Think this mom with the girls in pageants is fulfilling "her" dream, not her daughters.



@Oprah

Is there anything more boring and pointless than tweeting about someone's typos or syntax on twitter? It's f---ing TWITTER for Christ sake.

@rickygervais



@MissKellyO

Taking my papa grocery shopping!



@ConanOBrien

Scotch looks delicious, but then you take one sip and it tastes like a leather furniture store that's on fire.

Charlize the ugly duckling?

Speaking of people totally lying, Charlize

Theron, who is now on the circuit promoting her new film Young Adult, is trying to make us believe that she wasn't beautiful nor popular in high school (how many

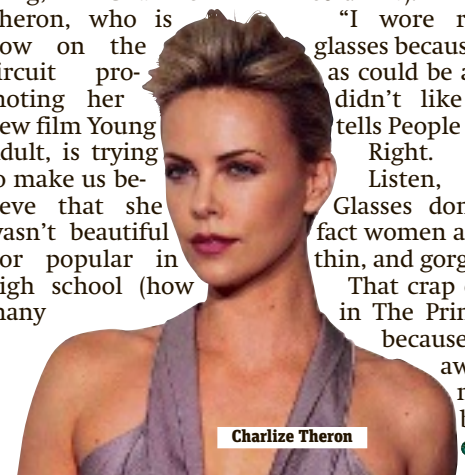
"pffts" can I fit into one column?).

"I wore really nerdy glasses because I was blind as could be and the boys didn't like (me)," she tells People magazine.

Right.

Listen, Hollywood: Glasses don't hide the fact women are 5-foot-10, thin, and gorgeous.

That crap only worked in The Princess Diaries because Anne Hathaway had a major uni-brow.



Charlize Theron

● METRO



► Pippa Middleton

Pippa scores a book deal

Royal sister-in-law Pippa Middleton has secured a nearly \$600,000 advance to write a party planning book, according to the Mail on Sunday.

An auction for the socialite's project had reportedly been going on for weeks, with publisher

Michael Joseph, an imprint of Penguin, coming out on top.

"It will be about entertaining and how to throw the perfect party," a source says.

"It's not just about being the perfect hostess — it will also include recipes

and information about how to host different types of events."

The book, which Middleton is reportedly writing without the help of a ghostwriter, is due out in time for the 2012 holiday season.

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3
life

A new study shows

Cupcakes are as addictive as cocaine

Processed, sugary foods are as addictive as cocaine or nicotine, say scientists from Yale University. When binge eaters were shown images of food, the decision making part of their brain experienced a surge dopamine in the same way an addict would respond to seeing drugs.

METRO
WORLD
NEWS



Canada's health-spending has 'mixed results' compared to other countries: CIHI

Get healthy, get a dog

► A new study shows that dog owners stay more active than their counterparts during the winter ► Lead author suggests they can have positive effects beyond just increased activity



CELIA
MILNE
LIFE@METRONEWS.CA

Not rain, not ice, not snow, not sleet can keep your doggie off his feet.

People who own dogs benefit health-wise from their pet's need to go for walks all year long.

A recent study at the University of Calgary found that having a dog keeps owners active and walking, even in horrendous weather.

This is significant because a large percentage of Canadians — 64 per cent — are inactive during the winter. Who can blame them? In Calgary, in the dead of winter, sunset occurs less than eight hours after sunrise and the mean temperature ranges from -8.5 to 1.5 degrees C, say the authors.

There's nothing like a pair of big brown, begging eyes and some adorable furry eyebrows to get you to don your mitts, hat, boots and parka, and get outside.

"By acting as cues for physical activity, dogs may help their owners remain active across seasons," says Parabhdeep Lail, lead author of the study and a medical student at the University of Calgary.

He and colleagues studied the walking habits of 428 Calgarians in both



► A recent study once again proves what we all know — dog owners are better people.

summer and winter. In the group, there were 115 dog owners.

The dog owners were at least three times more likely than non-owners to be consistent about walking in their neighbourhoods for recreation, the study found.

"This can have a positive effect on others in the community," reported Lail.

Seeing neighbours out-

doors walking their dogs encourages non-owners to get out and walk and makes people feel safer in their communities.

Lail and his colleagues suggest that dog-friendly neighbourhoods — including housing that allows dogs and parks that support dogs — may assist in enhancing population health by promoting physical activity.

In winter

Physical activity can help prevent some chronic diseases.

► **Get active** Physical activity tends to wane in winter-time, says Parabhdeep Lail, a medical student at the University of Calgary. Owning a dog may be a good antidote to winter

inertia, he says. People generally know that participation in regular physical activity is important for the prevention of many chronic diseases, including type 2 diabetes, hypertension, cardiovascular disease, obesity, osteoporosis, some cancers, irritable bowel syndrome, dementia and depression.

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The effect of loneliness

► A new study published in the American Academy of Sleep Medicine suggests that how lonely you are impacts how well you sleep ► We take one step further and find out other adverse effects loneliness can have on your life

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

John Cacioppo, an expert in the biological effects of loneliness, wants people to know that feeling lonely has nothing to do with being alone. You can suffer from loneliness yet be surrounded by people, if you feel as if you have no one you can trust or confide in.

"It's the subjective experience of loneliness that is harmful, not the actual number of social contacts a person has," he says.

When loneliness develops into a chronic condition, it becomes a risk to both mental and physical health.



You'll sleep like a baby, literally
Loneliness causes sleep to become fragmented.

"When you're sleeping, your guard is down. If you're lonely your brain will subconsciously know there's no one out there to

protect you and this insecurity is what causes you to fret," explains Lianne Kurina, assistant professor of epidemiology at the University of Chicago.

Fatigue takes over as your body has less time to repair and recuperate.

You'll get comfort from cupcakes, not company
Lonely people seek sources of pleasure that aren't affiliated with others. Their body craves, and abuses, pleasurable substances such as fatty or sugary foods and alcohol. In a

way, it's a form of self-medication, as these provide a superficial, short term high and make up for the lack of dopamine present in their system.

"Lonely people cave in so easily because as their brain is already on the look out for so many threats, it becomes less well tuned to controlling," explains Cacioppo.

You'll be more prone to catching the flu

We are genetically designed to adapt to loneliness. We become more vulnerable to viruses as our body focuses on fighting bacteria.

"Viruses are affiliated with human contact (sneezing, saliva) but if you're lonely your brains identifies physical contact as non ex-

istent or hostile so drives all your energy into healing cuts or abrasions," says Cacioppo.

Stress will take over your body

Chronic loneliness activates the sympathetic nervous system. Responsible for coordinating the body's 'fight or flight' response to stress, the system is designed to prepare the body for looming threat.

This state of alert triggers a number of physiological changes. Vascular resistance goes up, tightening of the arteries, which raises blood pressure. Levels of cortisol, the stress hormone used as an emergency supply of energy to boost the immune system, increase."

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DECK THE HALLS! PROTECT THE TEETH!

Not that we mean to scare anyone who has not started shopping yet, but you now have **less than one month before Christmas!**

And even if you have started shopping (or dare we say, finished it!), the **Christmas treat table** is one thing we should all be afraid of! You know the table...the one at the office where all the chocolates wind up...desserts at various Christmas parties...all the treats in the homes of friends and family!

For those of us who celebrate Christmas, it is a special time. But it is hard on our dental health. And it is not just because of how much we will indulge in various sugary treats. **The frequency** in which we indulge can become a real problem!

Sugar is notorious for its contribution to tooth decay. One of the primary challenges your teeth will face with all this sugar is **acid erosion**.

As sugary foods are broken down in the mouth, they can combine with some of the bacteria that are commonly affixed to the surface of our teeth. This combination can create a highly acidic substance that literally eats away at the enamel of the teeth. **The longer this acid remains present in the mouth, the more damage it can do.**



Dr. David Lui
Dental Surgeon

When you think of some of the treats we tend to indulge in at this time of year, it is apparent that this can become quite a problem. Just think of all those sticky chocolates, creamy toppings on Christmas cakes or puddings, or the long lasting, hard candy canes. Even drinks such as eggnog contain loads of sugar!

All of these are problematic because **sticky or hard sweets tend to remain in the mouth much longer**. This creates more time for acid to be produced and built up. And that means more time for that acid to do its damage.

And it is not only the sticky nature of these foods that can be the problem.

The frequency with which we consume goodies multiplies the problem with acid erosion. Every trip to the office table where staff members or clients leave their chocolates to be shared provides another opportunity to build up damaging acids on the surface of your teeth!

So as you head into the Holidays, we certainly do not want to take away all of your fun! By all means, life is meant to be enjoyed and that does mean indulging a little.

The key is to make sure that you **only indulge a little!** Try to limit your treat intake in between meals as a way to control the frequency of consumption. **Maintain good oral health practices** that include brushing at least twice per day and flossing at least once.

And remember, **your dentist office is still open in the lead-up to the Holiday Season!** Check us out on our website at www.rideaudental.ca. Schedule an appointment if you are due for one! Book one for your children who may be coming home from school for the Holidays! Because maintaining good oral health over the Holidays is a healthy habit...and healthy habits lead to healthy lives.

Dr. David Lui
- Dental Surgeon

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Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

In The Raw

If you've heard of the raw-food diet, you've probably also heard that raw fruits and vegetables are always better for you. But that's not true. Yes, heat destroys enzymes in foods that make them more easily digestible. But cooking also breaks down fibre, making these foods easier for your body to process. (Imagine trying to chew, much less digest, a raw Brussels sprout.)

Scientists have discovered that cooking even boosts levels of important compounds in some fruits and vegetables.

For instance, ketchup — which contains concentrated tomatoes — has five to six times more lycopene, a cancer-fighting antioxidant, than raw



► **Cooking vegetables can increase antioxidants in some vegetables**

tomatoes do. Heat does rob fresh produce of some nutrients, especially vitamins that dissolve in water.

For example, cooking fruits and vegetables

tends to reduce their levels of vitamin B6, vitamin C and folate.

But cooking actually increases the antioxidant levels of some vegetables, such as corn and carrots.

If you like raw produce, crunch away. But don't fear the vegetable steamer.

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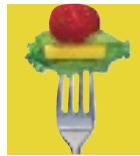
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Search for fry perfection

► Lapointe Fish serves yummy seafood ► How do its french fries stack up?

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



While trawling for the perfect fish and chips in Ottawa, I ended up at Lapointe Fish in Bells Corners. The store on the side offers all manner of seafood and sushi to go. The dining side holds many wood tables, hanging fish and seafaring kitsch.

Here, you can order six varieties of battered fish in-



► While the fish at Lapointe Fish satisfies, the fries need work.

► **Lapointe Fish**
194 Robertson Rd.
613-596-9654
Reservations: Yes
Social lunch: Yes
Client negotiation: Yes
Price: \$\$
Rating: 4 out of 5

cluding cod, haddock, pickarel, tilapia, sole and halibut (which is the most expensive). While waiting for my greasy guilty pleasure, I munched on a satisfyingly warm multi-grain roll crusted with sesame and poppy seeds.

On the outside of the fish, the batter was crispy and not too oily. On the inside, the fish was flaky and delicate. Though lightly seasoned, the homemade garlic-infused tartar sauce perked up the flavour. I'm a picky fry critic and

even though these were clearly hand-cut, they tasted chewy and slightly squeaky, suggesting they were old and just reheated for service.

The fish was first-rate, the fries were not. The seeking continues.

Easy swiss fondue



Preparation:

1 In bowl, toss grated cheeses with cornstarch to coat. Rub inside of fondue pot with split garlic clove. In heavy-bottomed saucepan, heat wine to just below boiling point over medium heat. Whisk in cheeses in small amounts, adding more as cheese melts. Stir in Kirsch to make a smooth sauce.

2 Place fondue pot over fondue burner, pour in cheese mix and adjust heat so cheese keeps warm, but

Ingredients:

- 250 g (8 oz) Gruyere, Emmental and Appenzeller cheeses, shredded
- 7 ml (1 1/2 tsp) cornstarch
- 1 garlic clove, split in half
- 175 ml (3/4 cup) white wine
- 30 ml (2 tbsp) Kirsch (optional)
- 1 baguette, cut into cubes

does not bubble. Use long-handled forks to dip bread cubes.

THE CANADIAN PRESS/
JANE RODMELL, ALL THE
BEST FINE FOODS

Veggies for dessert?

► Sweet Potato Brulée makes for a luscious ending

Preparation:

1 Scrub sweet potato and trim ends; pierce with knife in several places. Microwave on High 6 to 8 mins until tender,

turning over partway through cooking. When cool enough to handle, remove skin and mash with a fork until smooth.

2 In large bowl, place 250 ml (1 cup) of mashed sweet potato and whisk in maple syrup until smooth. Whisk in milk, vanilla, ginger, nutmeg and salt until smooth. Whisk in eggs one at a time.

3 Divide among six 175-ml (3/4-cup) ramekins. Set ramekins in baking pan and place pan in oven. Pour in enough hot wa-

ter to come halfway up sides of ramekins. Bake in a 180 (350 F) oven for 25 to 30 mins or until filling is almost set (centre jiggles a little, but will firm up on cooling and chilling). Remove ramekins to a wire rack to cool completely. Cover and chill for at least 4 hours or overnight.

4 Just before serving, blot tops of custards dry with paper towel. Sprinkle 5 ml (1 tsp) brown sugar over top of each. Place on a baking tray and place under broiler, watching carefully until

Ingredients:

- 1 sweet potato
- 125 ml (1/2 cup) pure maple syrup
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) vanilla

- 2 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) ground nutmeg
- Pinch salt
- 3 eggs, lightly beaten
- 30 ml (2 tbsp) brown sugar

Sweet potato brulée



► This recipe serves six.

sugar is bubbly. Serve immediately.

ADAPTED FOR METRO NEWS
BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST,

AUTHOR AND A TV CHEF.
(EMILYRICHARDSCOOKS.CA/)

THE CANADIAN PRESS/
FOODLAND ONTARIO

Feast on a little
comfort and joy
Savoury Cranberry
Chicken Sandwich
on rosemary focaccia

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► According to Charles the Butler, you shouldn't "give up" the ladder at the office. This means that if your boss buys you a gift, you are not required to buy them something in return. Instead, just write a thank-you note.

OFFICE GIFTS: DON'T GO OVERBOARD

Now that the holiday season is fast approaching, I'm once again confused and, more importantly, stressed about office holiday gift giving. When to give, what to give and how much to spend. Stressed for the Holidays

Dear Stressed for the Holidays,

The holidays are a stressful time for many people, so let's first try and take a little bit of the stress away.

Lets deal with the easy question: How much to spend?

First and foremost, you should only spend what you can afford. It is foolish to put yourself in debt just

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

to buy someone a present. Anybody who would expect you to do that is not worth giving a present to, in my humble opinion.

Secondly, at the office, remember you technically never "give up" the ladder, so if your boss buys you something, you are not re-

quired to buy them something back. However, remember a good hand-written thank-you note will go a very long way!

And although I'm not one to push for office gifts, if everyone really wants to exchange presents, then a "Secret Santa," where you buy for one person, is just fine.

But remember to stick to the agreed-upon budget and more importantly remember to be tasteful in what you buy.

The entire office will see this and being the office clown is not always a good thing. In fact, what was fun-

ny at the time you bought it in the store can be a big disaster in a professional office setting a few days later.

Deep breath, it is all going to be OK. Just make your list, set your budget and stick to it.

Oh and one final important rule: Don't wait until the last minute; go do your shopping now and get it over with.

You will love having your feet up on a cold winter's evening when everyone else is shopping and grumpy.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Date Night



► Check out a belly dancing performance to learn some new moves that you can use (wink, wink).

Ideas for your next date

1 Dinner made sexy
Check out the sultry performances of talented belly dancers as you take in an exotic meal. Bonus: You can pick up a few new moves for your next private dance!

2 Day (or night) at the museum
Take in stunning Egyptian jewellery, the fossilized remains of majestic dinosaurs, or gorgeous pre-

Columbian flutes, all under the roof of your trusty local museum! Bonus: Most museums offer discounted admission on certain nights.

3 Get starry-eyed
Enjoy an unforgettable night under the stars—indoors! Explore constellations, quasars and galaxies, and feel extra lucky that the stars aligned for the two of you.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

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When your kids are full of gimmies

▶ Getting teens to give back ain't easy

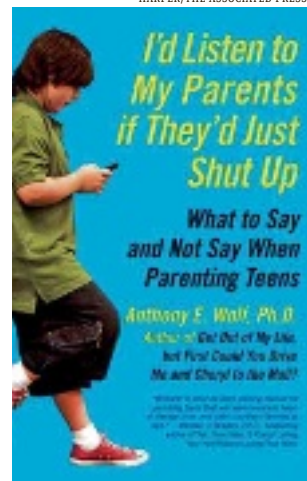
As the daughter of a minister, Jennifer James travelled frequently while her family served the less fortunate, from the rural heartland to the inner city. A lot of the time, she went without as a kid.

"My earliest memories are of working among the homeless in downtown Los Angeles, dipping ice cream for drunks," she said. "I learned a lot and I was a better person for it, but there was a lot of pain along the way."

In her zeal to spare her own three kids, the 44-year-old mom in Oklahoma City, Okla., has given them a world she didn't know — braces on their teeth, fancy computers and private schooling.

"Pretty soon it's like the kids just expect it and think you're giving so much because they're just that fantastic and not because you're making sacrifices," James said. "They have no paradigm for sacrifice. Now I'm trying to wind the skein

HARPER/THE ASSOCIATED PRESS



Holiday spirit

Can you force a teen to volunteer for a good cause?

▶ "If you persist there's a reasonable chance that they might actually do it, but there also is a chance that they won't," says Anthony Wolf, a psychologist and author of *I'd Listen to My Parents if They'd Just Shut Up*.

▶ "Whether they do or don't participate," he said, "the big picture is: 'What I really care about is that they basically become a good person.'"

of yarn back up and it's not easy."

Call it entitled child syndrome, the chronic gimmies or just plain spoiled. The lament is a familiar one for many well-meaning parents year round but intensifies at the holidays, especially among older kids who crank up gift demands but can't be coaxed to give back.

It could just be your reluctant volunteer hasn't found the right cause, said dad David Levinson, a Hollywood screenwriter who founded the Los Angeles community service organization Big Sunday (Bigsunday.org).

"Everyone, even the youngest kids, has something that speaks to them, whether it's homelessness, literacy, the environment, seniors, veterans, AIDS, animals, children," he said.

THE ASSOCIATED PRESS

'Tis the season for resourcefulness

FUN AND FRUGAL

LESLEY SCORGIE
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Being resourceful throughout the holidays saves you money and reduces waste.

For example, going all out on wrapping paper and bows kills trees and costs a few dollars per present. Why not reuse gift bags you've accumulated throughout the year?

Or, if you've prepared baked goods, give them out in reusable (and returnable) Tupperware rather than in disposable plastic baggies.

Check your jacket pockets, purses, in between the couch cushions

Saving money throughout the holidays isn't the same as being a cheapskate. Both your bank account and the environment benefit from your resourcefulness.



and in junk drawers for coins or bills.

Do you have partially used gift cards taking up space in your wallet? Have you cashed in all your Groupons?

Use up any leftover pennies, dollars and coupons toward gift purchases.

Next, check for re-gift opportunities. Did you get duplicate copies of your favourite book for your birthday?

Or did you win an iPod at work that you don't need because your existing one is perfectly fine?

Don't be embarrassed by re-gifting. If you can't use something, give it away. Otherwise it'll go to waste and collect dust.

What loyalty programs do you belong to? Air Miles, Aeroplan, credit card rewards, grocery store points?

Depending on your loyalty program you could cash in your points for gifts such as electronics or travel.

If you're of the mindset that you should keep saving up your points for a massive trip in a few years from now, think

again.

The longer you wait to redeem points, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Thus, your points become less 'rewarding' over time. Take advantage of them this holiday season and save money!

Saving money throughout the holidays isn't the same as being a cheapskate.

Both your bank account and the environment benefit from your resourcefulness.

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4 sports

Senators preview

**Senators
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8:30 p.m.
TV: SNET**



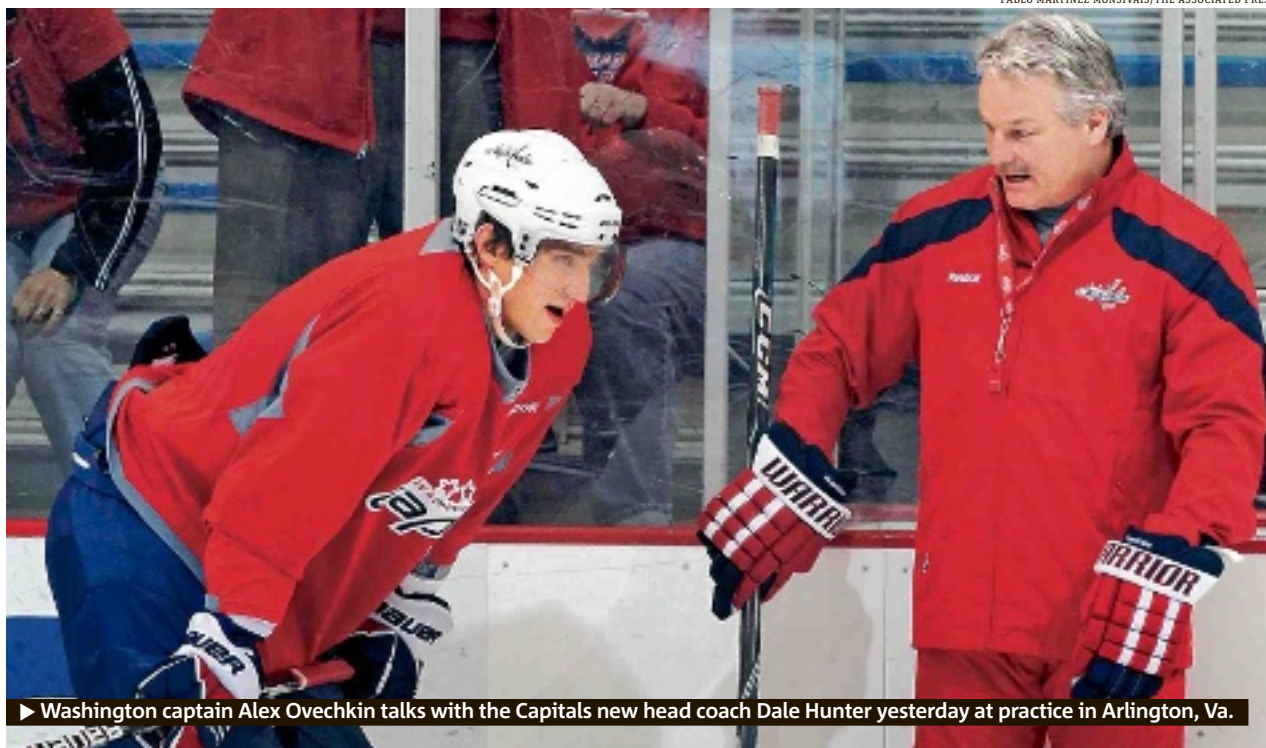
Winnipeg (9-10-4) returns home with only three out of a possible six points on its most recent road trip. Good news for the Jets is that 13 of their next 15 games are at home, where they have a three-game winning streak. Evander Kane has five goals in his last six games, and he'll need to keep that production going with over half of Winnipeg's blue-line on the injured list.

THE CANADIAN PRESS

Shuffling the decks

► Caps fire Boudreau, while Canes can Maurice on Black Monday for NHL coaches ► Hunter steps behind D.C. bench and Muller given Carolina job

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS



► Washington captain Alex Ovechkin talks with the Capitals new head coach Dale Hunter yesterday at practice in Arlington, Va.

Trouble was in the air at least a couple weeks before the axe came down on Bruce Boudreau and Paul Maurice.

With the Washington Capitals and Carolina Hurricanes losing more than they were winning, both men knew they were on thin ice before getting fired hours apart yesterday.

Boudreau and Maurice shared similar headaches.

The captains of both teams are struggling mightily. As of yesterday, Eric Staal of the Hurricanes was a league-worst minus-17 and on pace for his lowest point total since his rookie year. Washington's Alex

"This wasn't a slump. You can ride out slumps. This was simply a case of the players no longer responding to Bruce."

CAPITALS GM GEORGE MCPHEE ON FIRING COACH BRUCE BOUDREAU

Ovechkin, once the NHL's undisputed goal-scoring king, was tied for 38th in that category.

The most telling sign of trouble was when both men started making bold moves. Boudreau feuded with Ovechkin this season and scratched veterans Joel Ward and Alex Semin, but Washington still lost six of eight. Maurice benched defenceman Tomas Kaberle on Sunday for a game Carolina lost 4-3 in Ottawa.

Boudreau had been un-

der fire for a calendar year, dating back to a long slide last December and punctuated with a sweep by Tampa Bay in the second round of the playoffs. Washington named former Capital Dale Hunter as his replacement.

"I think Bruce came in here and emptied the tank," Capitals GM George McPhee said in Arlington, Va. "When that happens, you get a new coach where the tank is full and see if it makes a difference."

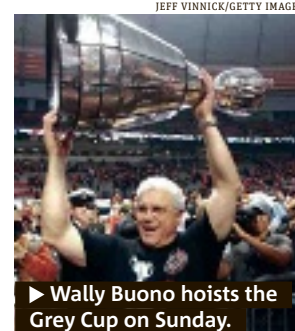
Maurice was in his sec-

ond stint with the Hurricanes and was expected to help a team with modest talent overachieve. With the playoffs slipping from view, Carolina GM Jim Rutherford decided to see if Kirk Muller can get more out of the players than Maurice.

"We feel confident that he is the right man to lead our team now and in the future," said Rutherford.

Both Muller and Hunter will be NHL head coaches for the first time — Muller arrives from the AHL's Milwaukee Admirals and Hunter from the OHL's London Knights.

THE CANADIAN PRESS



► Wally Buono hoists the Grey Cup on Sunday.

Lions think Buono will walk away a champion

B.C. Lions players expect Wally Buono to relinquish his coaching duties but retain a management role after guiding the CFL club to a Grey Cup victory.

"I don't think he'll come back as coach, but I don't think he's just going to step away from football," said Lions defensive back Korey Banks yesterday at their practice facility.

Buono, who is currently general manager and coach, led the Lions to a championship Sunday in a 34-23 win over Winnipeg.

Players say Buono has not told them of his decision, but the CFL's all-time winningest coach will not come back with the sole purpose to win a sixth Grey Cup as head coach.

"You have to respect the game and you have to respect the tradition of Grey Cup, but if that's your motivation, I think that's very selfish," said Buono, a head coach for 22 seasons. "It's not about that. What I've got to decide on is what I think is best for the organization, but I've also gotta decide on what's best for me." THE CANADIAN PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	24	14	6	2	2	77	59	32	8-1-2-0	6-5-0-2	6-3-1-0	W2
d-Toronto	24	14	8	1	1	79	75	30	6-3-1-1	8-5-0-0	5-4-0-1	W3
d-Florida	23	12	7	1	3	64	59	28	5-2-1-3	7-5-0-0	6-3-1-0	L2
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
NY Rangers	20	12	5	1	2	56	42	27	6-1-0-1	6-4-1-1	8-2-0-0	W2
Buffalo	23	13	9	0	1	67	61	27	6-6-0-1	7-3-0-0	5-4-0-1	W1
Washington	22	12	9	0	1	70	73	25	8-2-0-1	4-7-0-0	3-6-0-1	L2
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	22	11	9	0	2	62	69	24	7-3-0-0	4-6-0-2	6-4-0-0	W2
Ottawa	23	11	10	1	1	69	79	24	6-4-0-1	5-6-1-0	4-4-1-1	W1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	23	9	10	3	1	66	74	22	5-3-0-0	4-7-3-1	4-4-2-0	L1
Carolina	25	8	13	2	2	60	83	20	5-6-0-2	3-7-2-0	3-7-0-0	L3
NY Islanders	21	6	11	3	1	41	68	16	5-6-2-0	1-5-1-1	2-6-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	24	14	7	1	2	79	74	31	7-1-0-2	7-6-1-0	6-4-0-0	W2
d-Minnesota	23	13	7	2	1	54	52	29	8-4-1-0	5-3-1-1	7-3-0-0	L2
d-San Jose	20	13	6	1	0	60	46	27	6-4-1-0	7-2-0-0	7-2-1-0	L1
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
St. Louis	23	13	8	0	2	57	49	28	8-2-0-1	5-6-0-1	7-1-0-2	W3
Phoenix	22	12	7	1	2	61	56	27	7-4-1-1	5-3-0-1	6-3-1-0	W1
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Dallas	23	13	9	0	1	59	64	27	8-3-0-1	5-6-0-0	3-6-0-1	L2
Edmonton	23	12	9	0	2	64	58	26	6-2-0-1	6-7-0-1	4-6-0-0	L1
Los Angeles	23	11	8	2	2	55	55	26	6-6-0-1	5-2-2-1	5-4-1-0	L2
Nashville	22	10	8	3	1	58	61	24	4-3-2-1	6-5-1-0	4-4-2-0	L4
Colorado	23	10	12	1	0	61	70	21	4-8-0-0	6-4-1-0	3-7-0-0	W1
Calgary	22	9	12	1	0	50	60	19	4-5-1-0	5-7-0-0	4-6-0-0	W1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	23	6	14	0	3	54	75	15	5-7-0-1	1-7-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Tampa Bay at Minnesota

Dallas at Colorado

Nashville at Edmonton

San Jose at Los Angeles

Sunday's results

Calgary 5 Minnesota 2

Ottawa 4 Carolina 3

Toronto 5 Anaheim 2

St. Louis 2 Columbus 1

Tonight's games

N.Y. Islanders at Buffalo, 7 p.m.

St. Louis at Washington, 7 p.m.

Florida at Carolina, 7 p.m.

Pittsburgh at N.Y. Rangers, 7:30 p.m.

Ottawa at Winnipeg, 8:30 p.m.

Phoenix at Chicago, 8:30 p.m.

Nashville at Calgary, 9:30 p.m.

Columbus at Vancouver, 10 p.m.

Tomorrow's games

Boston at Toronto, 7 p.m.

Tampa Bay at Detroit, 7:30 p.m.

New Jersey at Colorado, 9:30 p.m.

Minnesota at Edmonton, 9:30 p.m.

Montreal at Anaheim, 10 p.m.

MAPLE LEAFS 5, DUCKS 2

First Period

1. Anaheim, Beauchemin 3 (Selanne, Sbisá)

9:51 (pp)

2. Toronto, Bozak 5 (Liles, Lupul) 14:10 (pp)

3. Toronto, MacArthur 9 (Connolly) 14:29

Penalties — Cogliano Ana (high-sticking) 6:18, MacArthur Tor (tripping) 8:20, Guenin Ana (el-bowing) 12:57.

Second Period

4. Toronto, Crabb 5 (Schnen, Colborne) 2:36

Penalties — None.

Third Period

5. Toronto, Bozak 6 (Kessel, Lupul) 0:47

6. Anaheim, Perry 10 (Getzlaf, Fowler) 5:38

7. Toronto, Schnen 1 (Kulemin) 19:48 (en)

Penalties — Fowler Ana (slashing) 2:52, Koivu Ana (slashing) 10:36, Phaneuf Tor (high-stick-ing) 14:39.

Shots on goal

Toronto 10 12 6 —28

Anaheim 10 7 11 —28

Goal — Toronto: Gustavsson (W,8-4-0); Ana-

heim: Hiller (L,5-10-4). **Power plays (goals-**

chances) — Toronto: 1-4; Anaheim: 1-2.

Att. — 13,685 (17,174) at Anaheim, Calif.

FLAMES 5, WILD 2

First Period

1. Minnesota, Clutterbuck 6 (Koivu, Heatley)

1:57 (pp)

2. Calgary, Giordano 4, 4:37

3. Calgary, Stempniak 5 (Backlund, Butler) 6:54

4. Minnesota, Johnson 3 (Brodziak) 8:06

5. Calgary, Brodie 1 (Stajan, Jackman) 8:45

Penalties — Giordano Cal (high-sticking) 0:28, Clutterbuck Min (high-sticking) 8:53, Glen-cross Cal (cross-checking), Stoner Min (rough-ing) 12:50.

Second Period — No Scoring.

Penalties — W.Peters Min (slashing) 2:02, Bourque Cal (tripping) 10:48, Smith Cal (hold-ing) 16:12, Stempniak Cal (holding) 19:28.

Third Period

6. Calgary, Tanguay 4, 1:39

7. Calgary, Iginla 7 (Glencross, Jokinen) 8:26

Penalties — Minnesota bench (objects on ice; served by Staubitz) 8:26, Stajan Cal (goal-tender interference) 18:38.

Shots on goal

Calgary 15 11 9 —35

Minnesota 7 10 4 —21

Goal (shots-saves) — Calgary: Kiprusoff (W,9-9-0); Minnesota: Backstrom (L,7-5-2)(8-5), Harding (8:45 first)(27-25). **Power plays (goals-chances)** — Calgary: 0-3; Minn: 1-5.

Att. — 16,864 (18,064) at St. Paul, Minn.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Vanek, Buf	12	14	26
Versteeg, Fla	12	14	26
Toews, Chi	13	12	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25
Stamkos, TB	14	10	24
Smyth, Edm	12	12	24
Kopitar, LA	10	14	24
Nugent-Hopkins, Edm	10	14	24
H.Sedin, Vcr	8	16	24
Neal, Pgh	13	10	23
Seguin, Bos	12	11	23
Fleischmann, Fla	10	13	23

Last night's games not included

CFL PLAYOFFS

GREY CUP

At Vancouver

Sunday's result

B.C. 34 Winnipeg 23

LATE SUNDAY

LIONS 34, BLUE BOMBERS 23

First Quarter

B.C. — TD Harris 19 run (McCallum convert) 8:27

B.C. — FG McCallum 22 11:34

B.C. — Single McCallum 57 14:34

Second Quarter

B.C. — FG McCallum 16 10:28

Wpg — FG Palardy 30 12:24

Wpg — FG Palardy 15 14:30

Third Quarter

Wpg — FG Palardy 33 4:50

B.C. — FG McCallum 22 12:16

B.C. — TD K.Johnson 66 pass from Lulay (Mc-

Callum convert) 14:53

Fourth Quarter

B.C. — TD Bruce 6 pass from Lulay (McCallum

convert) 8:10

Wpg — TD Carr 45 pass from Pierce (Palardy

convert) 11:22

Wpg — TD Edwards 13 pass from Pierce

(Palardy convert) 13:23

B.C. — FG McCallum 33 14:02

Winnipeg 0 6 3 14 —23

B.C. 11 3 10 10 —34

TEAM STATISTICS

	Wpg	B.C.
First downs	13	19
Yards rushing	41	91
Yards passing	250	320
Total offence	291	411
Team losses	5	7
Net offence	286	404
Passes made-trying	19-37	21-38
Return yards	178	175
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	1	1
Punts-average	9-36.1	9-44.2
Penalties-yards	6-35	7-72
Time of possession	25:20	34:40

Net offence is yards passing, plus yards rush-ing, minus team losses such as yards lost on broken plays.

INDIVIDUAL STATISTICS

Rushing: Wpg — Garrett 8-26, Pierce 4-17, Denmark 1-minus-2; **B.C.** — Harris 10-65, J.Jackson 3-16, Lulay 2-8, Brown 2-2.

Receiving: Wpg — Carr 7-107, Edwards 6-83, Watson 3-42, Garrett 2-12, Hargreaves 1-6; **B.C.** — K.Johnson 2-81, Simon 4-79, Bruce 5-73, P.Jackson 2-43, Gore 3-18, Foster 1-12,

Harris 1-6, Lumbala 1-6, Iannuzzi 2-2.

Passing: Wpg — Pierce 19-37, 250 yards, 2 TDs, 1 int; **B.C.** — Lulay 21-37-320-2-0, Harris

0-1-0-0-0.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST

	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305

NORTH

	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295
WEST						

Can Colts avoid going 0-16?

► Quest to avoid a winless season not getting any easier, as team faces three division leaders in four weeks

The dour expressions and quiet tone in the Colts locker room were a tell-tale sign of how bleak things have become.

Two years after contending with questions about a perfect season, the Colts are now repeatedly answering questions about their potential to become the second team in league history to go 0-16, a possibility that looks more and more likely after losing at home to Carolina on Sunday.

"It's really not any different than when we were 16-0," said cornerback Jerraud Powers, a rookie on the Colts' 2009 AFC title team. "Except that everyone's going to be on the bandwag-

on when you're 16-0 and when you're 0-16, everyone gives you a reason and an excuse as to why you're doing what you're doing."

What the Colts (0-11) have done far too often this season is find ways to lose.

On Sunday, they threw away two late scoring chances with interceptions in the Carolina end zone. A touchdown and a 2-point conversion might have at least forced overtime.

It's not the first time something has gone wrong for the Colts.

During one four-week span, Pittsburgh drove for a winning field goal in the final 2 minutes, Tampa Bay



► Peyton Manning and Curtis Painter sit on the bench in the final minute of the Colts' loss to the Panthers on Sunday.

scored the winning TD with 3:15 to play, Kansas City rallied from a 17-point deficit and the Bengals won by forcing a late fumble and returning it for a touchdown.

That was followed by a dismal four-game stretch in which Indy was outscored 137-27 and the offence was held out of the end zone for eight consecutive quarters. The drought

finally ended in the second quarter Sunday, but the late turnovers did them in against the Panthers.

"Every game we've been in to win, we've found a way to shoot ourselves in

the foot," Powers said yesterday. "We've got to find a way to not beat ourselves. If a team beats us because they're better than us, you can live with that."

The problem is that the remaining schedule is filled with teams that are better.

On Sunday, the Colts head to New England (8-3) to face one of the AFC's top teams. Then it's off to Baltimore (8-3) to face another team looking to secure home-field advantage. After a home game with play-off hopeful Tennessee (6-5), the Colts host Houston (8-3) before wrapping up the season at Jacksonville (3-8).

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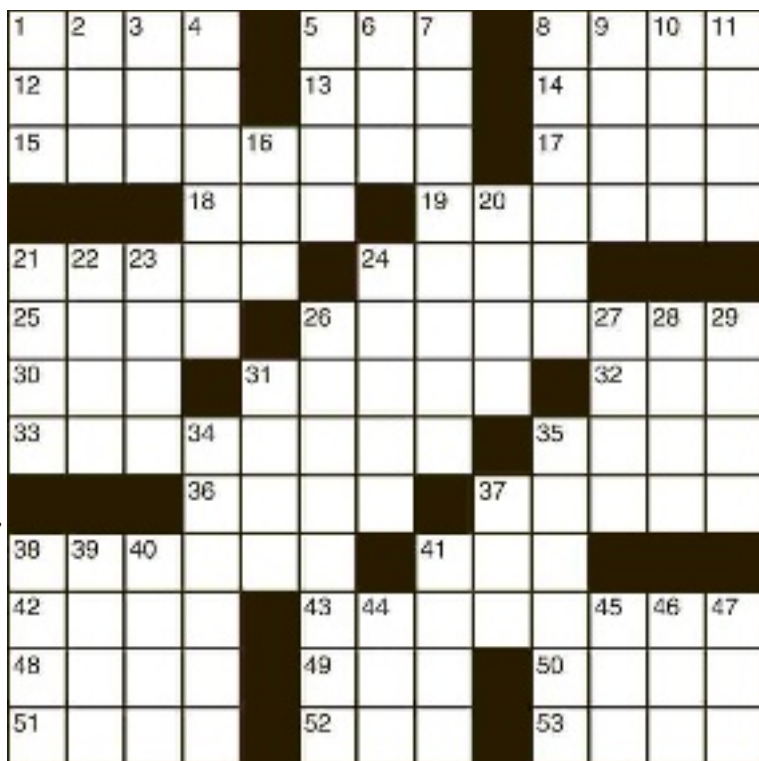
Crossword

Across

- 1 "Zounds!"
5 Oft-bracketed word
8 Scruff of the neck
12 Actress Spelling
13 Fed. med. agency
14 Hebrew month
15 Mixed drink
17 "The other white meat"
18 Party staple
19 Brownish-yellow shades
21 Characteristic
24 Spruce or sycamore
25 Batting champ Aaron
26 Aviation timesaver, maybe
30 "I'll take that as —"
31 Principal force
32 Fish eggs
33 Trachea
35 Baseball team
36 Libertine
37 Man of morals?
38 Honor
41 Have bills
42 Old Italian money
43 "Hush!"
48 Slender
49 Weeding tool
50 Maui feast
51 "Desire Under the —"
52 Helios
53 Formerly, formerly

Down

- 1 And so on (Abbr.)
2 Sticky stuff
3 Curved line



- 4 African antelope
5 Break suddenly
6 Midafternoon, on a sundial
7 Bleach ingredient
8 Family member
9 Lotion additive
10 Kitten's call
11 31-Down members
16 — for tat
20 Highlander
21 Dissolve
22 Hindu royal
23 In due time
24 Hosiery hue
26 Victories
27 Eye part
28 "—, Nanette"
29 Profound
31 Fraternal grp.
34 Reveries
35 Thread partner
37 Overwhelm
38 Otherwise
39 Window ledge
40 Decorate
41 Admitting customers
44 Debtor's letters
45 "— Town"
46 Existed
47 Eccentric

► Yesterday's answer



Today's horoscope

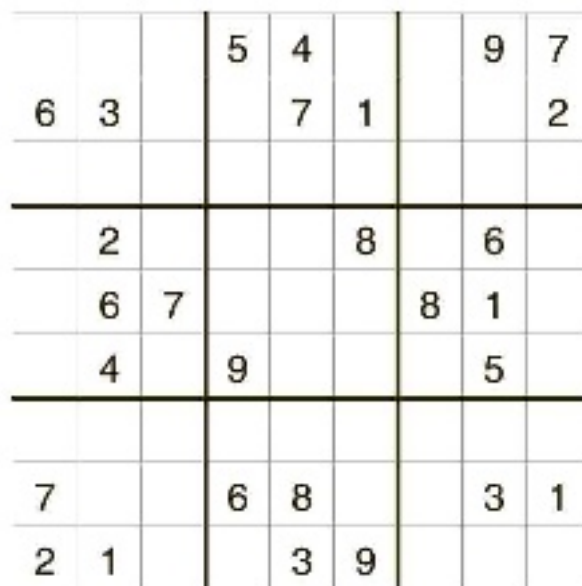
♈ Aries March 21-April 20 If you are the kind of Aries who likes to travel you could find yourself a long way from home today — and enjoying yourself immensely.
♉ Taurus April 21-May 21 Either you love what you are doing, or you do something else.
♊ Gemini May 22-June 21 You will be under a lot of pressure today and because the pressure comes from partners and colleagues you could fall out with someone.
♋ Cancer June 22-July 22 You'll be busy and you may find it hard to

catch your breath over the next 24 hours.
♌ Leo July 23-Aug. 23 You are in the mood to take action.
♍ Virgo Aug. 24-Sept. 22 You'll have to tread carefully when dealing with loved ones.
♎ Libra Sept. 23-Oct. 23 No matter how irritating others may be you must not let them get under your skin.
♏ Scorpio Oct. 24-Nov. 22 What happens today may be important but it's how you choose to react to it that matters more.
♐ Sagittarius Nov. 23-Dec. 21 You seem to be remarkably as-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

sertive at the moment, which is good, but try not to give others the impression that the only thing you care about is your own greater glory, even if it happens to be true!
♑ Capricorn Dec. 22-Jan. 20 Are you afraid to say something because it might upset powerful people? Speak up.
♒ Aquarius Jan. 21-Feb. 18 Life is many things, but most of all it is there to be enjoyed.
♓ Pisces Feb. 19-March 20 You seem to have energy to spare at the moment and if you are smart you will channel it into your work or career. **● SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

1	3	9	5	8	7	4	2	6
6	4	7	3	2	1	8	9	5
2	5	8	6	9	4	1	3	7
7	2	4	9	1	6	5	8	3
5	9	1	8	7	3	6	4	2
3	8	6	2	4	5	7	1	9
9	6	5	4	3	8	2	7	1
8	1	3	7	5	2	9	6	4
4	7	2	1	6	9	3	5	8

Today

6°/2°
Rain
80%

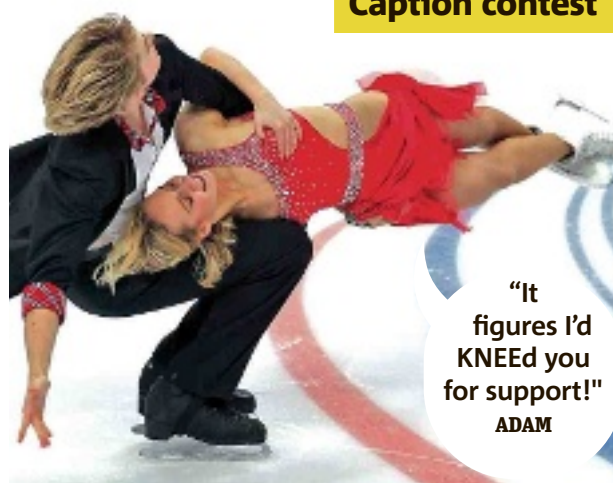
Wednesday

8°/-2°
Rain
70%

Know what the weather will be 14 days from now.
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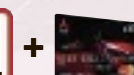
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